

# Yoga for Veterans



Classes meet weekly in **Palo Alto, Building 4, Room C-260**

<b>Men/Women class:</b>	Mon 3:00pm to 4:00pm
<b>Restorative Yoga:</b>	Mon 4:00pm to 4:30pm
<b>Women Veteran class:</b>	Wed 11:00am to 12:00pm
<b>Chair Yoga:</b>	Thurs 9:30am to 10:30am

*Know an interested group of Veterans?  
Call to schedule additional days or times*

## Am I Eligible? Yes if ...

- You are a Veteran enrolled in VA healthcare
- You can commit to attending one class per week for 12 weeks

## How Can I Join?

It's easy. Just ask your VA clinician to put in a  
"**WRIISC Yoga Wellness**" consult and we will contact you to enroll.

## Class will develop skills to help:

- Reduce stress
- Increase strength and flexibility
- Reduce and manage chronic pain
- Increase activity level

Sponsored by the  
VA Palo Alto  
War Related Illness and  
Injury Study Center  
(WRIISC)

## Contact Us

**Phone:** 1- 888-482-4376

**Email:** [WRIISC.CA@va.gov](mailto:WRIISC.CA@va.gov)

**Web:** [www.warrelatedillness.va.gov/paloalto](http://www.warrelatedillness.va.gov/paloalto)



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